



Volunteers Week takes place 1-7 June every year. It's a chance to recognise all the varied and the fantastic contribution volunteers make to our communities and say thank you.

Volunteers' Week 2021 is a time to say **'THANK YOU'** like no other! Volunteers have played a key role in the pandemic response nationally and locally and for us at Age UK Stockport. During an exceptionally difficult year, people from all parts of the Borough have taken the time to volunteer and make a huge difference to Stockport – just as they do every year. This is a time for us to come together and thank all volunteers for their invaluable contribution.

If are one of our wonderful volunteers, you might want to download an 'I volunteer' poster as Lynda and Kath (pictured above) have done and record a message on why you volunteer. We would love to see your photos and messages on social media using the hashtags #VolunteersWeek. You can download the poster from the new Stockport Volunteer Hub <https://stockportvolunteerhub.org.uk/> which launches on 1st June. You will also see a thank you video, thanking all Stockport's volunteers - look out for Hazel and Jason from AUKS!

If you would like to volunteer for us you can apply online at

<https://www.ageuk.org.uk/stockport/get-involved/volunteer/> or give us a call for an informal chat on 0161 480 1211.



**VOLUNTEERS' WEEK** Have a look at our thank you videos on the same page!  
A time to say thanks

Future copies are available on our website [www.ageukstockport.org.uk](http://www.ageukstockport.org.uk) or by signing up to email [info@ageukstockport.org.uk](mailto:info@ageukstockport.org.uk) (you may unsubscribe at any time)

## Monthly News - June 21

### Age UK Stockport Update



With June we hope to see even more opening up, more sunny weather and more return to some sort of normality!

Our Tandem workers are back out garden visiting and starting to home visit where safe for all parties. The Handy Help guys are just waiting for enough garden jobs to come in and we can bring them back off furlough, and we are getting going again with activities to support people to get out again. Maybe you feel its time to get to grips with those digital skills - let us know.

It is undoubtedly quite nerve-racking for many after all this time so you are not alone if you are feeling a bit concerned or worried. Many of us could do with a bit of support at this time and we are here - call us on 0161 480 1211.

We will check with you before each visit so let us know if you or any one you are in contact with have any symptoms of concern or are self isolating for any reason!

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### A Trip to Bramhall Park



Listening to the birds, breathing in fresh air and looking at the blossoming flowers and trees.

Connecting with nature can have a huge impact on your mental health and sense of wellbeing.

Parks are a simple yet effective go to option for connecting. So we decided to visit BRAMALL PARK .



Our client enjoyed this time to gather her thoughts and re-connect with the outside world. She said, "I felt uplifted more motivated and energised. I was also very happy as a flower was placed on my table that a little girl had picked for me"

If you know of someone locally who needs some extra support please let them know about us.

For more information or an informal chat please call;

0161 480 1211 Monday to Friday 9am to 5pm

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## Fraud Awareness Booklets



There are approximately 12,000 reports of fraud in Greater Manchester (GM) and approximately a quarter of them are in relation to victims who are over the age of 65.

We have recently been given two booklets by the GM Police that are designed to educate people about frauds and gives advice on avoiding them.

We have a 'Think Jessica' booklet which offers an overview of a number of frauds. It highlights how people can become potential victims by post, phone, email, text and on the doorstep of different types of fraud including identity fraud, lottery and prize

draw scams, clairvoyant scams and many more.

We have also got an 'Independent Living' booklet which was designed by a group of volunteers called the Scambusters. It is aimed at older people living independently and offers advice on staying safe online.

You can download the booklets from our website by clicking on the relevant link [Think Jessica](#) or [VCID - Action Fraud - Independent Living - A5 Booklet](#) or if you call on 0161 480 1211 we will post you a copy.

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## Stockport Credit Union



Stockport Credit Union are a social enterprise that provides affordable financial services to people who live or work in Stockport, helping the members help each other.

Joining the Credit Union is a great way for local people and organisations to increase the supply of affordable credit in the community and to help our community become more financially independent and stable. Any surplus they make is given back to members in the form of a dividend, or reinvested in the organisation to improve the service provision.

It's free to join, savings are FSCS protected – just like a bank, you can get access to fair, ethical, and affordable loans, you can save as you borrow and it supports our local community.

You can find out more, including how to become a member or friend at;

<https://www.stockportcu.com/> or by calling 0161 430 5808

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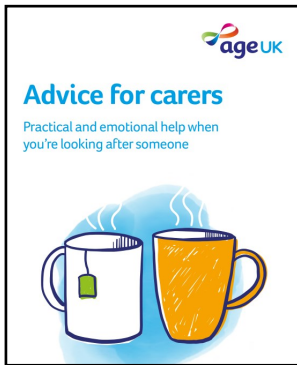
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## Carers Week 7th - 11th June



We are delighted to be supporting Carers Week 2021. Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. The theme for this year is 'Make Caring Visible and Valued'. The campaign will be focusing on the importance of not only recognising carers, but also valuing them for the vital contribution they make - not just during the past year when it has been especially difficult, but every day.



This year during carers week we will have an information stand in the One Stockport Hub (the old Argos store) in Mersey Square.

We also have a useful information booklet 'Advice for Carers' which looks at both the practical and emotional side of caring. You can download one by clicking on the picture or for a hard copy just give us a call on 0161 480 1211

There is also lots of information on the Age UK website <https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/>

## Community Reporters Wanted!



Whatever your personal circumstances or interests, you can become a volunteer community reporter for the Talking About My Generation news platform - the first over 50s-led platform in the UK.

Take part in monthly 'newsroom' meetings online and gain access to workshops and one-to-one support to develop the media skills you're interested in - from writing to photography. Travel expenses are covered.

They have reporters all over Greater Manchester but at the moment there aren't any in Stockport - could you give a Stockport perspective!

If you don't want to be a reporter but would like to get the quarterly magazine they produce you can sign up online; [www.talkingaboutmygeneration.co.uk](http://www.talkingaboutmygeneration.co.uk)

The next edition is due out this month and we will have some hard copies available if you would like one and don't have access to the internet.

For more information, chat to Grace on **07859177499** or email [grace@yellowjigsaw.co.uk](mailto:grace@yellowjigsaw.co.uk)

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## Mental Wellbeing and Coming Out of lockdown

 every mind  
matters

The impact and experience of the COVID-19 outbreak has been different for everyone, as has how we have reacted, but there's no doubt it's been a really difficult time for us all.

That's why it's so important to do what we can to look after our mental health and wellbeing – now more than ever – and to reach out if you need support.

Easing of lockdown will allow us to get back to the people and things we love, but it's OK if you feel worried about going back to something more "normal" as lockdown restrictions loosen. Even positive change can lead to anxiety, and it can take time to readjust to things we have not done for a while. Feelings of post-lockdown anxiety are likely to pass with time as we get used to the "new normal" but it's important to do what we can to take care of our mental health. There are lots of things that can help you to manage these feelings and make it easier to adjust.

There are some top tips for taking care of your mental health as things change on the every mind matters website

1. [Go at your own pace](#) Take it step by step, and only do what is comfortable and safe for you to ease back into socialising – then you can build your time back up as your confidence returns.

2. [Do not avoid things entirely](#) Try to set yourself small but manageable targets – like meeting 1 person for a coffee or snack outside – and gradually build up from there.

3. [Get your information from the right sources](#) If you are not sure what is or is not allowed, stick to trusted sources like GOV.UK and the NHS COVID-19 pages for the most up-to-date information.

4. [Discuss any changes with others](#) Before socialising with others, talk about the situation with them to make sure everybody is on the same page about what feels comfortable.

5. [Make time to relax](#) including a video on how to relax your body and mind.

6. [Challenge unhelpful thoughts](#) including a video giving practical tips on how to challenge your thoughts and start to break unhelpful cycles.

7. [Tell someone how you feel](#) Opening up to a person we trust can be really helpful, whether it's a friend or family member, a GP or a helpline or online forum.

8. [Plan social occasions](#) Preparing for any challenges ahead of time can help us feel more comfortable and confident in what we're doing. That "plan" can be as simple as knowing what time an event will start and finish, and how many people are likely to be there.

9. [Find routine where you can](#) Are there areas in your life where it's easier to stick to a routine? Something as simple as going to bed and waking up at the same time each day can make a big difference.

10. [Write down your thoughts](#) If you're feeling worried or upset it can be helpful to explore your feelings by keeping a diary or journal.

11. [Focus on the present](#) Try not to dwell on "what ifs" or what was "supposed" to happen. Relaxation, mindfulness or getting outside and enjoying nature are all good ways to help you focus on the present.

To read the full article and for further information;

<https://www.nhs.uk/every-mind-matters/coronavirus/>

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## Help Shape Local Health and Care

Help shape the health and care services for Stockport by taking part in a survey to find out what local people want and need.

The survey has been launched by NHS Stockport Clinical Commissioning Group (CCG) and is open anyone who lives and works in the town. It is being run to find out local views to help develop a health and care plan which will bring together work being done by different organisations and groups across the borough.

In the survey there are a number of questions covering a range of areas looking at mental health and wellbeing thorough to how local health and care services can be improved.

To take part in the survey click here <https://stockport-haveyoursay.citizenspace.com/communications-team/ae5b38a2> before **Friday 18th June**.

Dr Cath Briggs, Chair of Stockport CCG, said: "It's really important we hear people's views and feedback to help us shape the plans on health and care for Stockport. This will support the health and care work already being done across the borough and identified in the One Stockport Borough Plan."

If you need assistance completing the survey please contact the CCG Communications and Engagement Team at [Stockportccg.communications@nhs.net](mailto:Stockportccg.communications@nhs.net)

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## 'Positive Smiles' Dates For Your Diary

**Tuesdays 1st, 15th & 29th June 2021 11.00am to 12.00pm**

Join Chris and Kirsty for a "virtual coffee morning" via Zoom. To sign up for this event please click on the relevant date below

**1<sup>st</sup> June** <https://www.eventbrite.co.uk/e/positive-smiles-tickets-155798053171>

**15<sup>th</sup> June** <https://www.eventbrite.co.uk/e/positive-smiles-tickets-155798498503>

**29<sup>th</sup> June** <https://www.eventbrite.co.uk/e/positive-smiles-tickets-155804753211>

Follow the links to get the tickets or visit our website for a full list of events

<https://www.ageuk.org.uk/stockport/activities-and-events/events/>

**If you have any problems or need help please give us a call.**

Age UK Stockport is a registered charity 1139547

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